

News Briefs

Change of commands

- ♦ Col. Crescencio Torres relinquishes command of the 52nd Aerospace Medicine Squadron to Col. Victor Folarin Tuesday at 3 p.m. in Club Eifel.
- ♦ Lt. Col. John Sepanski relinquishes command of the 22nd Fighter Squadron to Lt. Col. Russell Quinn Aug. 5 at 3:22 p.m. in Hangar 1.
- ♦ Lt. Col. John Specht relinquishes command of the 23rd Fighter Squadron to Lt. Col. William Woodcock Aug. 26 at 3 p.m. in Hangar 3.

Town hall meeting

The wing commander holds a town hall meeting Aug. 4 at 7 p.m. at the base theater to address topics such as finance, legal, medical, pass and registration, and a variety of Combat Care services and issues. The upcoming deployment will also be discussed. Refreshments and door prizes will be available, as well as free child care at the Spangdahlem AB Child Development Center, building 457. People should call 452-5320 to register their child care needs by Aug. 1.

MDG phone access

DSN phone access to the 52nd Medical Group phones on the Bitburg Annex will be down Aug. 11-12 from 8 p.m. to 2 a.m. due to annual maintenance. People can still be reached via the normal commercial numbers listed below:

- Emergency room: 0656169-3456
- Family care center: 0656169-3557
- Pharmacy refill line: 0656169-3301

Rhein-Main lodging closure

Rhein-Main's Gateway Inn and non-appropriated funds lodging program has ceased operations. Commercial hotels are available in the local Frankfurt area, and travelers should plan for additional transportation expenses since off-base accommodations will be used. Official travelers are required to make lodging reservations at surrounding military communities at Darmstadt Army Post (314) 348-1700; Wiesbaden Army Air Field (314) 338-7212; Ramstein AB (314) 490-2985; or Spangdahlem AB (314) 452-6504. Air Expeditionary Forces personnel deploying to Rhein-Main in support of OIF/OEF, and Air Force personnel TDY in support of base closure efforts should call the personnel support for contingency operations staff to assist with inprocessing at (314) 330-7448.

Finance office closure

The 52nd Comptroller Squadron Finance Office will be closed July 29 for an official function. The customer service counter will close at 1 p.m. and the remaining finance offices will close at 11 a.m.

Technically speaking

Read "AETC training squadron det. team offers range of hi-tech teaching for maintenance professionals," on Page 4



Eifel Times

Vol. 39, Issue 25

Spangdahlem Air Base, Germany

July 22, 2005



Tech. Sgt. Pedro Ruiz

Morgen, turtle ...

Tech. Sgt. Jessica Ruiz, 52nd Communications Squadron, helps a friend "come out of his shell" at the Cologne Zoo during "Explore the Eifel" Monday. Sabers were granted two two-day passes to travel throughout Germany's Eifel region and immerse themselves in the culture. Check out "Sabers embark on local adventures, return with breath-taking images for 'Explore the Eifel' photo contest" on page 7.

COMUSAFE honored for support of enlisted forces

By Master Sgt. Mona Ferrell
USAFE News Service

RAMSTEIN AIR BASE, Germany - Whether looking at Combat Education, the high-energy events of Project CHEER, or the countless quality of life initiatives we've enjoyed over the past 23 months, the total dedication and passionate concern U.S. Air Forces in Europe's commander has had for our enlisted Airmen and their families is readily apparent, said the USAFE command chief master sergeant recently.

"I don't know of another officer that has done more for our enlisted corps, and the entire Air Force," said Chief Master Sgt. Gary Coleman, USAFE command chief master sergeant. "It's amazing once you drill down - both on a strategic and tactical level - what our commander has done to support the enlisted force under his command."

And, it's because of this support that the USAFE enlisted corps will bestow its highest honor on Gen. Robert H. "Doc" Foglesong, USAFE commander, when he's inducted into the command's Order of the Sword during a ceremony here Aug. 26.

Since taking the USAFE Flag in August 2003, General Foglesong's commitment to the development of the enlisted force has been evident, said Chief Coleman.

"Take Combat Education for instance; the number one reason young people enlist in the Air Force is to continue their education...knowing that it's often difficult for members (such as those who

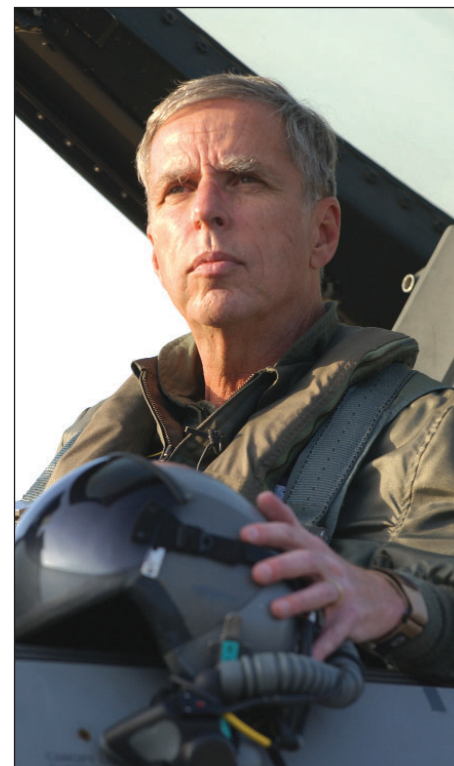
deploy and shift workers) to attend college classes, General Foglesong saw a need to institute this combat program to remove barriers that hinder the enlisted force from receiving a higher education," he said.

"Since the program's inception, nearly 50 percent of all college classes are taught during non-standard times throughout the command, and more than 15 percent of all classes are offered outside of traditional classroom locations. Now, college enrollments are up by more than 11 percent; I'd call that a success."

But, the focus on an enlisted education didn't stop with Combat Education. USAFE University, conceived and put into motion by General Foglesong, provides an umbrella for more than 600 educational courses and programs available to members within the command, said Chief Coleman.

"The most fundamental service we provide to our Airmen is the opportunity to improve themselves professionally and personally - and General Foglesong understands this," said Chief Coleman.

"The prime directive of USAFE U. is to analytically focus on what we're doing in the USAFE education and training arena," said the chief. "The program generates career development learning experiences available at times and locations that meet Airmen's needs, enhances fulfillment of the command's combat program objectives and facilitates



Senior Airman Desiree N. Palacios

21 November 2003- U.S. Air Forces in Europe Commander Gen. Robert "Doc" Foglesong sits in the cockpit of an F-16 aircraft from Aviano Air Base, Italy as Air Force News (AFNEWS) video tapes a public announcement commercial for the Combat Care Program at Ramstein Air Base, Germany.

accomplishment of USAFE's mission. It not only benefits each USAFE member, but it enhances the command's overall mission."

See COMUSAFE Page 2

RESCON Watch

BRAVO

1-2 DUIs in the Last 30 Days

Days since last DUI: 26

Rank of last DUI: senior airman
Squadron of last DUI: 52nd CMS

Large unit with best record: 52nd Communications Squadron, 155 days
Small units with best record: 52nd Medical Support Squadron,
52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

COMUSAFE

Continued from Page 1

Most of the programs that General Foglesong's implemented since taking command focus on year-round quality of life improvements. However, one program is designed specifically for the winter months; when family separation, inclement weather and holiday finances all add up to make life stressful.

Other combat and special interest programs have been extremely successful, and include;

Combat Intro/Exit

"At the tactical level, look at the program; it's designed to minimize the number of stops you have to make to in- and out-process a base and maximize your time on the job," he explained. "Virtual outprocessing has streamlined the permanent change of station process,

eliminating 57 percent of office-stop requirements.

Combat Fitness

"It's a program implemented to focus on developing and maintaining a fitness routine that keeps you physically fit," Chief Coleman said. "USAFE is number one in the Air Force with fewest at risk and least required to test. Additionally, we have experienced a 30 percent increase in Fitness Center usage."

Combat Nighthawk

"This program lashed-up company grade officers with senior noncommissioned officers and NCOs for night immersion into areas out of their normal duties," the chief said. "The results for our CGOs was a better appreciation for roles/responsibilities, bonding, mentoring, and leadership."

Hidden Heroes

"Organizing volunteer efforts and providing a forum to where people/organizations with a need for help can reach out to one

source for assistance is programs goal," he said. "It also allows for formal recognition of those wonderful superstars who give their valuable time to help those in need."

Project SMART

"While I'm reluctant to brag on our Safety Program/record," he said. "I'll just say we're doing fantastic!"

Combat Touch

"Our chaplains are now out amongst our Airmen in an attempt to preempt the need to for members to go to the chapel," he explained. "General Foglesong has, as the chief of USAFE chaplains recently stated: "...given more to the chaplaincy than anyone to his knowledge in the history of the Air Force chaplaincy".

Combat Care

"For our families he has implemented a number of initiatives like Combat Care," he added. "It's a program that assures our family members are cared for when members are deployed."

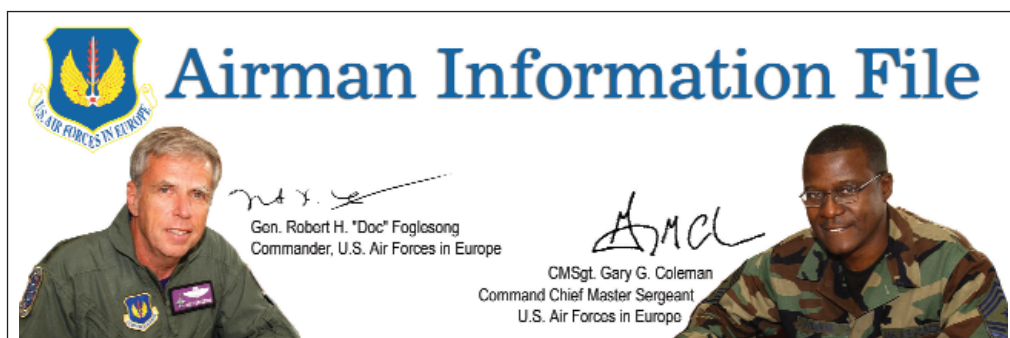
Project Wizard

"It's an organized effort that has placed attention and dedicated resources to a vital area of our communities that surface at critical times in our lives," the chief said. "It has made them all noticeably more responsive to today's Air Force families with more computers, books, and learning resources."

Additionally, the general was concerned about child care.

"He engaged the services and personnel staffs to find efficiencies in our system to better accommodate this ever increasing need for our families," Chief Coleman added. "This resulted in new facilities on the books, increased staffing at some locations, and hours/schedules adjusted to meet the schedules of our military members.

"In short, he's an incredible leader who has done great things for our enlisted Airmen," said Chief Coleman. "He is clearly deserving of our highest honor."



July 2005 -- Get Organized for Success!

As Airmen serving in the profession of arms, we realize and understand the importance of being organized -- it could mean the difference between mission success and failure. Our nation depends on us to be ready to fight and postured to respond anywhere at a moment's notice. With the dynamic and unconventional nature of today's worldwide threat, we cannot afford to wait until after we're called to action to get organized -- it could be too late!

Organization skills are critical to successful mission execution and also serve to reduce stress in our daily life. The fast-paced Air Force mission demands outstanding organization at every level. It helps us become more efficient and effective -- on and off duty.

Workplace disorganization directly affects the mission and its impact can be catastrophic. Some effects of disorganization include Airmen deploying downrange without the right equipment, engines damaged by tools left behind, critical documents are lost, and valuable ideas are not captured -- effects that put our Airmen at risk. Do your part to eliminate these symptoms; take time to get organized, pay attention to detail, develop a personal organization system, and always use your Wingman to back you up!

Your home can be a hotbed of disorganization and it can cost you time and money. Military members and their families experience first-hand the importance of keeping their critical documents like passports, wills, birth certificates, adoption papers, and marriage certificates safely stored and easily accessible -- especially during a PCS or extended TDY. Your efforts will alleviate the burden of having to search for these in the midst of a stressful situation.

Being organized at home also means ensuring your finances are in order. Leave, extended TDY, and PCS moves often result in additional expenses -- both planned and unplanned. Make sure you have a financial plan, keep accurate records, and set some money aside for the unexpected. Whether a flight cancels, a car needs emergency repairs, or a wallet is stolen your efforts will inevitably pay dividends when you need it the most!

Edmund Burke said "good order is the foundation of all things." Lay a solid foundation professionally and personally by getting organized. It takes effort and perseverance, but in the long run, it will save us time, improve efficiency, and enable safe execution of the mission, as well as those things we enjoy while off duty. Head down the path to success -- get organized!

Manpower Office takes Air Force-level win

By 2nd Lt. Shannon Collins
52nd Fighter Wing Public Affairs Office

One six-person team from Spangdahlem Air Base recently earned an Air Force-level win for their dedication to the mission.

1st Lt. Doug Huttenlocker, chief, 52nd Mission Support Squadron Manpower and Organization, currently leads the six-person team consisting of one local national, four enlisted members and one officer. He is proud of his team. This is the first time the team has won the 2004 U.S. Air Force Manpower and Organization Award for Professional Excellence at a small base since 1994.

"The competition for Air Force-level awards is incredibly tough. Just being considered is a huge honor," he said. "Winning often comes down to a fortunate confluence of events. In our case, it was people, mission and heart."

"We had the right people -- our superintendent is exceptional; our analysts combine capability, innovation and work ethic; and leadership both at the flight and squadron level was strong," Lieutenant Huttenlocker said. "We had the right mission -- an intense role prosecuting the Global War On Terrorism, as we were a test base for the Security Forces reorganization aimed at relieving one of the Air Force's top stressed (Air Force Specialty Codes), a benchmarked analysis of maintenance manpower determination, and we were one of two wing-level manpower flights impacting a global power projection project like the Rhein-Main Transition Program."

"And we had heart," he said. "Our analysts believed we could make a difference, and they made it happen."

Maj. James Costey, Mission Support Squadron commander, is proud of the team as well.

"Many people think that awards like this are purely essay writing contests; that belief does not apply in this case," he said. "This team is amazing! With average manning just above 50 percent for the year, they were able to accomplish truly Herculean tasks in support of this wing; most important of which was their ability to defend the base from many attempts to move our authorizations to other wings."

The 52nd FW Manpower and Organization Office staff face the daunting task of providing full-spectrum manpower and management engineering services for 5,900 authorizations valued at more than \$350 million annually. They advise 35 Spangdahlem AB and geographically-separated unit commanders on manpower issues impacting power projection, force structure and organization.

They also build deployment plans for contingencies and exercises using 246 unit type codes affecting about 4,000 personnel. They manage 242 manpower positions that were added to support RMTP and the Joint Fires Center of Excellence activation here.

Lieutenant Huttenlocker said sometimes the office faces negative perceptions.

"The perception exists that manpower is here for one reason -- to arbitrarily cut manpower at the absolute worst time for a

commanding officer," he said. "These are indeed tough times. The Air Force is drawing down, budgets are getting cut, we're all managing additional duty programs that we don't earn manpower for and we're paying major re-organization bills.

"The most important thing that I'd like for Team Eifel to know is that our job is to protect and defend Col. Goldfein's (52d Fighter Wing commander) resources," he said. "It is critical now more than ever, that our commanders understand both how they earn and what they can do with their manpower. Please give us a call if you've got concerns, ideas or innovations. We're manpower, and we really are here to help."

Master Sgt. Jeff Barr, 52nd MSS/MO superintendent, is pleased with his team's win.

"It was quite an honor to be recognized for the manpower office's efforts over the past year," he said. "As superintendent, I could not have asked to be part of a better flight.

Sergeant Barr identified one of the major challenges facing Spangdahlem AB in the near future and how the team stands ready to help.

"The commander of (U.S. Forces in Europe) has initiated several actions, standing up new wings and adjusting war-fighting headquarters to name a couple, that will ultimately generate manpower bills for the wings throughout USAFE," he said. "Our number one goal is to ensure Spangdahlem's books reflect manpower where it is earned and to protect our authorizations while maintaining the commanders' ability to use people as required to best accomplish the mission."

Integrity



Service Before Self



Excellence in All We Do



Senior Airman Amaani Lyle

Top Saber Performer

Name: Staff Sgt. Jason Caceras
Unit: 52nd Civil Engineer Squadron
Duty title: Pavements and Construction Equipment Craftsman
Hometown: Jackson, Tenn.
Years in service: seven years, six months
Nominee's contributions to 52nd Fighter Wing mission success: Sergeant Caceras maintains and repairs 1.7 million square yards of airfield pavement and 1.3 million square yards of

roads and parking lots. He directs snow and ice removal operations in the winter and performs sweeper support functions the rest of the year keeping surface areas free of foreign object debris and allowing the wing to safely launch and recover aircraft. Recently, Sergeant Caceras brought the base appearance to a new level with his supervision of grounds maintenance crews. He supervised 33 troops cutting grass until 11 p.m. every night for 14 days. He maintained this level of excellence over the past month with just 24 augmented personnel.

Off-duty volunteerism and professional development pursuits: Sergeant Caceras supports his Unit Advisory Council and participates in base events such as the spring and fall bazaars. Recently, he helped his Airmen clean their dormitory during a "GI party," in preparation for the quarterly dorm inspection. His Airmen earned second place.

What do you do for fun? I enjoy traveling and sightseeing around Europe.

What do you like most about being stationed here? One of the best advantages is the opportunities for travel.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I would add a Chili's or a Starbucks to the club.



Photos by Senior Airman Amaani Lyle

Buon giorno!

Top, part of the Italian air force's National Aerobatics team, "Frecce Tricolore" (translation -- Tricolored Arrows) made a stop here Monday to refuel after flying at the Royal International Air Tattoo in Royal Air Force Fairford, England, this month. This was the last of four scheduled stops the Italian pilots made to take on fuel. The team flies the Aermacchi MB-339-A/PAN, a two-seat fighter-trainer and anti-tank craft capable of about 898 kilometers per hour at sea level.



Two Frecce Tricolore pilots wave goodbye before takeoff from here. Members of the 52nd Operations Support Squadron assisted the flying team during their visit.

Four earn wing-level Lance P. Sijan Award

The Lance P. Sijan award annually recognizes senior and junior officer and enlisted Airmen who demonstrate outstanding leadership abilities while assigned to organizations at the wing level or below. The Sijan award was first given in 1981, and was named in honor of the first Air Force Academy graduate to receive the Medal of Honor. Best of luck as they compete at U.S. Air Forces in Europe level.

Field grade officer: Lt. Col. Darren Hansen

Company grade officer: Capt. Jason McFeaters

Senior NCO: Senior Master Sgt. David McGuigan

NCO: Tech. Sgt. Michael Henderlong

Eifel Salutes

52nd Mission Support Group

We just had to "letter" know ... the Spangdahlem AB Post Office's **Linda Eide** went the extra mile this quarter and rightfully earned the 52nd Communication Squadron's junior civilian of the quarter nod.

52nd Operations Group

The show must go on ... and did for the **airfield operations flight**, whose dedication to the mission and support of flying operations didn't miss a beat during Explore the Eifel week.

38th Munitions Maintenance Group

Senior Airman David Larson tackled the Goliath-size task of revitalizing the Buechel AB, Belgium, 702nd Munitions Maintenance Squadron's flight support section. In addition to reducing bench stock levels by 86 percent and spare tools by 25 percent, he identified and corrected critical deficiencies in the storage of torque wrenches. His astute attention to detail has significantly improved the flight's tracking system.

52nd Maintenance Group

What a dump! ... The Department of Defense Safety Board recently inspected the **munitions maintenance flight** -- which was touted as the "best bomb dump seen to date," thanks to the professionalism and dedication of the Airmen and NCOs within the flight. **Airman 1st Class Kurt Kyder** gets rave reviews and is rated ... PGM! The precision guided munitions maintenance crew member inspected and prepared ground systems and tested numerous captive air training and training guided missiles to handily earn the flight's



Airman of the Month honors for April. Kudos to the "pod squad!" The **electronic warfare section** has achieved an unprecedented 100-percent full mission capable rate on all four of their test stations. **Tech. Sgt. Joe Hurt** main-

tains a stellar precision measurement equipment laboratory, and this has contributed to the pod shop's ever-impressive full mission capable rate.

52nd Medical Group

Tall on teamwork during a spell of short-staffing were the family care center's technicians, nurses and doctors who filled many a shift for the emergency room. Just for the health of it, **Tech. Sgt. Ben Kratzer** coordinated medical coverage for the Big Annual Summer Happening -- making first response available for the entire event. Thanks to the planning expertise of **Tech. Sgt. Jodi Rusticelli**, the 52nd Medical Operations Squadron boasted more than 130 attendees -- quite an in-crowd -- for the squadron's recent dining out. **Capt. Jennifer Olson** needs no twin; she alone stepped up to the plate as acting ER nurse manager during extended temporary duty assignments of her colleagues. All functions were carried out flawlessly. The **Spangdahlem AB Health and Wellness Center staff** -- **Tech. Sgt. Edith Fields**, **Staff Sgts. Ernesto Otero** and **Suzy Bright** and civilians **Katrina Kelly** and **Julie Langager** did it again -- this time sending off in style the number one leader of the HAWC nest -- **Lt. Col. Diane Deyak**, who recently retired.

Kudos to all; Team Eifel salutes you!

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Amaani Lyle

Top Saber Team

Unit name: 52nd Civil Engineer Squadron, Pavements and Construction Equipment, Grounds Maintenance Section

A brief description of unit responsibilities: The team maintains the airfield and base roads and performs maintenance and upkeep on improved and unimproved land.

Number of members: 47, plus 40 augmentees

How does the team fit into the 52nd Fighter Wing's mission? During a recent base appearance inspection, an increased emphasis was placed on grounds maintenance. The 52nd CES ground maintenance team, with 40 additional augmentees from the operations flight, rose to meet this challenge in only 14 days by working two shifts lasting until 11 p.m. every night and maximizing daylight hours. Currently, they maintain the improved look of the base with 24 augmentees.

Team's other contributions through the year? The team members are also responsible for day-to-day operations to include airfield and base road sweeper support, flower planting, snow and ice removal, fence repairs and asphalt and concrete repairs. Augmentees came from 10 CES Air Force specialties that otherwise would perform operation and maintenance of base real property facilities.



Wrenches like these among the thousands of tools of the trade maintainers use to work aircraft from top to bottom.

Technically speaking

AETC training squadron det. team offers range of hi-tech teaching for maintenance professionals

Story and photos by 2nd Lt. Shannon Collins
52nd Fighter Wing Public Affairs

"Step 18 and 19 in the technical order tells you to enter the number of the TACAN station using the integrated control panel; what results do you expect to see?" asks the instructor.

"The range shutter and deviation flags go out of view. The bearing pointer should point to the local TACAN station," answers the student, after thinking about it for a few seconds. He looks up to the instructor for confirmation.

"That's partly correct," the instructor answers and goes on to tell the student the rest of the answer.

This is just a typical day for the Air Education and Training Command's 372nd Training Squadron, Detachment 17 team stationed here at Spangdahlem Air Base.

The 18-person team instructs 72 different advanced maintenance courses across a range of 10 different maintenance Air Force Specialty Codes. Last year, they taught more than 14,000 course hours on the A-10 and F-16 to about 900 students.

"We provide state-of-the-art, high-fidelity aerospace maintenance training in direct operational support to the (Air Expeditionary Force), (Department of Defense) components and allies — any time, any place," said Detachment 17 commander Capt. Charles Ploetz.

At Spangdahlem AB, most of the classes range in size between two to four students.

"This increases greater student/teacher interaction, producing a better-trained technician," said the captain. "Our courses teach system theory in the classroom as well as hands-on application on the flightline, in the back shops or in our training facility."

Most of the students here come from the 52nd Fighter Wing. Tech. Sgt. John Muniz, 52nd Equipment Maintenance Squadron armament flight, A-10 combat armament support team chief, recently completed a course there.

"Armament troops go through this type of training every time we change airframes," said Sergeant Muniz, who is on his fourth airframe and 17th year in the Air Force.

"The Det. offers a valuable service for us, not only by teaching new troops the ropes but also by being another source of knowledge when problems come up. The instructors here

are very willing to work with the squadrons," he said. "Having the Det. here makes it really easy to schedule troops, keeping up with their forms and training records and all the other stuff you might miss if we had to send them to some other base."

Tech. Sgt. Eddy Rogers, a Detachment 17 soldering instructor, said the students' willingness to learn is the key.

"I always tell Airmen to never underestimate their ability to make a difference, whether they've been in for 20 months or 20 years," he said. "First term Airmen have some of the newest and freshest ideas available to lead Air Force supervision -- (the supervisors) just have to stop and listen."

I always tell Airmen to never underestimate their ability to make a difference, whether they've been in for 20 months or 20 years.
-- Tech. Sgt. Eddy Rogers
Detachment 17 soldering instructor

The tight-knit instructor team has received awards for its dedication.

Captain Ploetz and Master Sgt. Kevin Peterson won the Lt. Gen. Leo Marquez Award for 2004 for the 982nd Training Group, and Captain Ploetz also took home the Lance P. Sijan Leadership Award for 2004 for the 982nd TRG.

Though awards are nice, the captain said the team's biggest success is its impact on the students.

"They (the instructors) are an outstanding group of maintainers who have the unique opportunity to affect hundreds of airmen and their respective maintenance organizations," he said. "Our instructors take a great deal of pride in providing students with the tools and cutting-edge technology to take back out to the front line."

"Student interaction is one of the main reasons instructors love their job," he said. "Having a student say, 'Now that makes sense,' or coming back and saying, 'What I learned in your class has really helped me become a better technician,' really brings the job home."

The Detachment 17 team is dedicated to the 52nd FW maintainers.

"We will do whatever it takes to get the Saber maintainers the tailored training they need, want or have to have," Captain Ploetz said. "We are instructors, but after this three-year, controlled tour is over, we will be back on the flightline, working with the people we trained, and some of those we trained will be future instructors."



Airman Lawrence Herstel, 52nd Component Maintenance Squadron jet engine apprentice, looks on as Airman Mark Peralta, 52nd CMS jet engine apprentice, disconnects hydraulic lines to prepare for the gearbox removal on an A-10 training engine during the jet engine intermediate maintenance course at Air Education and Training Command's 372nd Training Squadron, Detachment 17 here in June. The detachment offers a variety of maintenance courses to Spangdahlem Air Base Airmen, U.S. Forces in Europe Airmen and foreign civilian and military students.



Airman 1st Class T.J. Tijerina, 52nd Aircraft Maintenance Squadron avionics apprentice, looks on as Master Sgt. Glenn Turnbull, 372nd TRS, Detachment 17, F-16 avionics instructor and flight chief, shows Airman 1st Class Daniel Thompson, 52nd AMXS avionics apprentice, the radar ground map on the multi-functional display of the F-16 flight simulator.



Airman 1st Class J.J. Colunga, 52nd CMS jet engine journeyman, removes augmentor fuel tubes during an assembly removal.

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
Capt. Mike Cumberworth.....PA deputy
Tech. Sgt. Pamela Smith.....PA NCOIC
Senior Airman Amaani Lyle.....Editor
Senior Airman Eydie Sakura.....Staff writer
Iris Reiff.....Leisure writer

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tographs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general interest
will be published in the *Eifel
Times* and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■ DirectLine@spangdahlem.
af.mil

■ Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■ To PA in building 23.

■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

July
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	260	148	0
23FS	288	175	0
81FS	232	114	-4

*Delta is contract vs. sorties flown to date.

Through July 14

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

July 22, 2005

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Safety

Motorcycling is like flying combat sortie; requires training, equipment, practice

By Col. Christopher Hale
Air Force Space Command Safety Office

PETERSON AFB, Colo. -- On June 20, the
Air Force lost two of its warriors. One was Gen.
Bernard Schriever, age 94; the other was Airman
1st Class Justin Souza, age 21. Most of us know
what General Schriever did for our Air Force;
none of us will ever know what Airman Souza
could have done for our Air Force. General
Schriever died peacefully at his home, surrounded
by loved ones. Airman Souza died alone -- far
from his loved ones.

On a two-lane blacktop, he died from massive
head and chest injuries after slamming his motor-
cycle head-on into a van that pulled out in front of
him.

We don't know what went through Airman
Souza's mind seconds before impact. It was a
clear day, open road, good visibility. He was wear-
ing the right personal protective equipment, and
according to friends, not likely exceeding the post-
ed speed limit.

Justin probably saw the van pull up to the stop
sign ahead on his left. He may have assumed the
driver saw him approaching. She says she didn't.
When she unexpectedly drove in front of him,
Justin had no formal motorcycle training and less
than 60 days of experience to help his brain tell

**Motorcyclists are 26 times
more likely to die and five times
more likely to get injured in a
crash than automobile drivers.**

his hands and feet what to do.

We'll never know if Justin could have avoided
or survived the crash. The odds against him were
staggering. Motorcyclists are 26 times more likely
to die and five times more likely to get injured in a
crash than automobile drivers.

Wearing helmets reduces the risk of motorcycle
deaths by 37 percent and the risk of fatal head
injury by 40 percent. But even with the right
equipment, you still need skills to beat the odds.

Lt. Gen. Daniel P. Leaf, AFSPC vice command-
er and avid motorcyclist, says riding is like flying
a combat sortie. To survive, you have to have the
right training and equipment; you have to continu-
ally practice your skills; and you have to be ready
to take evasive action. Airman Souza was not pre-
pared for his "combat sortie."

If you're a new rider, sign up for a motorcycle
safety foundation course before you take off on
that new bike. The same goes for returning riders;
you need to relearn good habits before you reenter
the sport. If you're unsure where to start, ask your

squadron commander or first shirt. Even if they
don't personally ride, they will tell you where to
get the necessary training -- that's their job.

Other sources can include the squadron motor-
cycle representative, the base motorcycle club or
the wing safety office. Whether you intend to ride
on or off base, MSF training is a must; it could
save your life.

After you've passed the basic MSF course and
have a few thousand miles under your belt, take an
MSF experienced rider's course to hone your
skills. They're lots of fun and loaded with chal-
lenging scenarios that could improve your odds of
survival. But don't stop there. Continually practice
your skills. Find an empty parking lot and practice
panic stops, evasive maneuvers, tight turns and
other skills that might save your life. At the start
of any ride, take it easy on the throttle and turns
until you and the bike are one.

Motorcycling is lots of fun -- the sights, the
smells, the sounds, the freedom of the open road.
But dangers lurk at every turn, at every intersec-
tion, on every road surface, from every fixed or
moving object, motorized or otherwise.

So improve your odds. Wear your PPE; get
trained; continually practice your skills; and live to
ride another day.

Direct Line

High school graduation on AFN?

Question: I checked the Armed Forces Network
Europe Programming guide and noticed that just
about every high school in Europe had their gradu-
ation televised except for Bitburg High School.

Some parents were not able to attend graduation for health
or financial reasons. We all know that AFN filmed the entire
graduation and we really would like to see it on TV. Can you
help us in this matter?

Answer: Thanks for your note regarding the BHS grad-
uation. AFN determined prior to the ceremony that
the wing did not have significant numbers of
deployed parents, therefore there was not a big community
need to televise the event.

There was an AFN team there to cover the event.
However, their footage is a collection of bits and pieces of
the ceremony rather than a documentary-style tape of the
event. The footage of the ceremony was aired during recent
AFN newscasts.

If any of our readers videotaped the graduation ceremony,
and are willing to share a copy, **please notify the 52nd
Fighter Wing Public Affairs office at 452-6012.** If we get a
copy, we'll notify you as soon as possible. In the future, we
will film our high school graduations regardless of the num-
ber of Sabers deployed so no parent misses the opportunity
to share in this important milestone in the life of their chil-
dren.

I am hopeful we can find enough videos taken by parents
and friends of graduates to put together a tape for returning
parents. Thanks for bringing this to my attention. We won't
make this mistake again!

Spang teen learns ropes, life's lessons on course

By Brittany Shaver
52nd Fighter Wing Public Affairs volunteer

Last month, I had a great adventure with
the Bitburg Annex teen center. I took a cam-
ping trip to Oberweiss, Germany, where I
went canoeing down the Ohre river of Lux-
embourg, followed by rappelling and ending
with an exciting day at the ropes course.

During these great adventures, I discov-
ered three principles that most people use in
everyday life -- self-confidence, teamwork
and courage.

To get through challenges, everybody on
my team had to pitch in to get us through
certain obstacles. One of the most difficult
challenges was the rappelling course. I had to
have confidence that I would not let myself
fall.

There were many times when I wanted to
give up because of the heights. I learned to
have confidence in myself when I had to
drop down from the high places. This applies
to everyday life, because by having confi-
dence in ourselves, we can get the job done
and get it done right. For teens, confidence
can help them do well on their next test.

I discovered teamwork throughout my
whole journey that week. After lowering our-
selves down on ropes into a dark cave, we
were told to find our own way out.

Since we all had to repel one by one, it

took a little while to get everybody down.
After all 12 of us made it to the bottom, we
searched for about 45 minutes to discover an
exit. We had to work together to get every-
body up and out of the cave, which involved
a lot of lifting and upper-body strength. We
found that when everybody pitched in, the
job was done a lot easier and faster. By wor-
king together, our bond grew tighter because
we got to know each other. In most jobs, we
need support from our co-workers to be able
to run the business or to get tasks done.

Canoeing down the Ohre river called for
courage in braving the fierce rapids. Courage
enabled me to rapel down a 150-foot cliff.

I needed courage most when I rappelled
into a dark cave with about 70 feet between
me and the ground. I thought I would never
get through it, but I kept telling myself I
could do this. Once I found courage in my-
self, I accomplished my task a lot faster and
fearlessly.

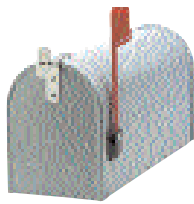
After I accomplished that task, I felt so
good about myself that I wanted to do it
again. Teens use courage everyday to face
friends in peer pressure or to talk to parents
if we've done something.

My adventures helped me discover that
life is full of obstacles, adventures and chal-
lenges -- but courage, confidence and team-
work make things much easier.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



FSC loan locker

The Spangdahlem AB Family Support Center loan locker is closed until the completion of building renovations. All loan locker check-outs and returns will be through the Bitburg Annex Family Support Center Monday through Thursday from 1-4:30 p.m. For details, call Tawania Kovacs at 452-6422.

Storytelling, singing duo

Enjoy folksingers James Bowen and Gaye Tipel Thursday at the Spangdahlem AB library from 3:30-4:30 p.m., and at the Bitburg Annex Library from 5:30-6:30 p.m. The storytelling duo's, speciality is weaving stories and songs into a folklore blanket for listeners.

Olympic Tuesday

People can participate in Olympic Tuesday each week in August at 6 p.m. in the Brick House. Events include Bingo for Points Aug. 2, a Suitcase Relay Race Aug. 9, Banana Pong Race Aug. 16, Believe It or Not Jeopardy Aug. 23 and a Freeze Out contest Aug. 30. Players earn points toward bronze, silver and gold awards for the Brick House wall of fame. For details, call Kim McElfesh at 452-7381.

Scavenger hunt

The Brick House Scavenger Hunt takes place Aug. 6 at 6 p.m. Register at the Spangdahlem AB Eifel Community Center Monday through Friday from 9 a.m. to 6 p.m. Call Kim McElfesh at 452-7381 for details.

Craft fair

A craft fair takes place Aug. 20 from noon to 4 p.m. in Bitburg Annex building 2012. People interested in selling crafts should call Patti Porter at 452-7381 to register as a vendor.

Rock concert

The rock band "Brickfoot" performs in the Brick House Aug. 26 at 9 p.m. The show is free for all identification card holders and is for people ages 18 and older. For more information, visit www.brickfoot.com.

Polish pottery bingo

Brick House Polish Pottery Bingo

takes place Aug. 27 at 11 a.m. Costs vary according to the cards players choose to use. For more information, call Kim McElfesh at 452-7381.

Walking groups

Parents interested in forming parent and child walking groups should call the Spangdahlem AB Family Advocacy office at 452-8283.

AA for youth

Alcoholics Anonymous meetings for youth take place each Wednesday from 6-7 p.m. in Bitburg Annex, building 2015. For more information, call 01609-972-0190.

Education 'lemon aid' stand

The Spangdahlem AB Education Center and its schools host their annual education fair Aug. 5 from 10 a.m. to 4 p.m. in front of the Spangdahlem AB base exchange. The theme for this year's fair is the "Combat Education Lemon Aid Stand," where people can learn more about Term I class registration and schedules. There will be free hot dogs and lemonade, door prizes and more. For more information, call Don Weitz at 452-6063.

Motor weekend

View more than 100 cars, trucks and motorcycles from throughout Europe and the United Kingdom Aug. 5-7 at the base bowling center and pavilion. Events include classic/custom car and motorcycle displays, commemorative t-shirts, trophies for category winners, games and prize give aways. There will also be A-10 and F-16 photo opportunities, a poker run for motorcycles, activities for children, food and beverages, an audio sound off, live music and more. For details, call Eric Guth at 452-2695.

Sure Start registration

Department of Defense Schools-Europe elementary schools are accepting applications for the Sure Start program for the 2005-2006 school year. Sure Start is a preschool program based on the successful Head Start program in the U.S. that is designed to enhance positive educational outcomes for children who may need additional experiences before enter-

ing kindergarten. All Sure Start students must be command sponsored. In order to keep this program consistent with DODDS-E kindergarten enrollment dates, four-year-old children who are considered for Sure Start must have been born on or before Oct. 31, 2001. For details about the Sure Start program, e-mail david.ruderman@eu.dodea.edu or beverly.erdmann@eu.dodea.edu.

Gas station hours

The Bitburg Annex gas station's new hours are Mondays through Saturdays from 6:30 a.m. to 8 p.m. and Sundays from 9 a.m. to 8 p.m. For more information, call Rosie Schmitz at 452-9065.

BES registration

The Bitburg Elementary School office is closed through July. Parents can pick up school registration packages from Spangdahlem Elementary School and turn in completed packages to BES Aug. 1 or later. Families of BES students who are moving during the summer and have not picked up their school records may do so through July 29 at SES.

Lux-Bitburg airshow

Flying demonstrations, a large-scale exhibition and static displays of civilian and military aircraft are showcased Saturday and Sunday during the combined Luxembourg-Bitburg airshow in Bitburg. For more information, visit www.airshow.lu.

SSEMC meeting

The Spangdahlem Spouses and Enlisted Members Club will have a family barbecue Aug. 27 from 11 a.m. to 3 p.m. at the base pavilion. Each family should bring a side dish and lawn chairs. For more information, call or e-mail Michelle Bertke at 06561-947639 or bertke96@hotmail.com.

English lessons

English as a Second Language classes take place each Monday and Wednesday from Sept. 26-Nov. 9 in Bitburg Annex building 2012. Cost is \$60 for the class and \$20 for the book. For course times and registration, call 452-7381.

Chapel Services

Single's dinner

All single and unaccompanied military people can visit the Spangdahlem AB chapel, building 135, Thursday from 5-6:30 p.m. for free, home-cooked barbeque with all the extra side dishes. This month, the 52nd Medical Group Top 3 will be doing the cooking. For more information on this Combat Touch program, call 452-6711 or 452-6281.



MOPS volunteers needed

Mothers of Preschoolers is looking for volunteer teachers to work with children, ages newborn to five-years-old. Starting September, teachers are needed two Mondays each month from 8:45-11:30 a.m. Volunteers will run art projects, conduct library visits and teach mini-Bible lessons (curriculum provided). For more information, send an e-mail to spangmops@yahoo.com or call the base chapel at 452-6711 or 452-6281.

What's happening at
Club Eifel
this week?

MONGOLIAN BBQ

Thursday,
July 28th
5-8 p.m.

IT WILL "STIR UP" ALL IDEAS YOU
EVER HAD ABOUT ASIAN CUISINE.

Club Eifel Members: 50¢ per oz.
Nonmembers: add \$3 to the total cost
All children 5 and under eat FREE!

Get as much or as little as you like. Select from a wide variety of meats and vegetables, add sauces and watch the chefs stir fry it to perfection. We even include the fortune cookie... And we'll serve your meal on a plate, not in a cardboard box. It's a fun dining experience you'll want to enjoy again and again.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Vehicles

2001 Saturn, SL2, 34,000 miles, all-power, five star safety rating, 10th anniversary edi-

tion, leather, independent performance suspension, solar glass, AC, AM/FM/CD, alloy wheels, winter tires, winter protection

inside/out, single owner. Call 06565934912.

2001 Chevy S-10 pick up, 4 Cyl, 5-spd., 11,500 miles, soft tonneau bed

cover, AM/FM/CD, AC, sliding rear window, 26 MPG, \$8,400 OBO. Call 01511-555-0106 or 06553-901269 in the evening and weekends.

1993 Audi 80, 5-spd., PW, PL, AM/FM, cassette, new tires/brake pads/brake discs, \$3,000. Call 06561-670591.

1992 Mazda 323, 4-dr., 5-spd., CD, must sell, \$2,100 OBO. Call 0175-512-9513.

1992 Toyota Carina, Euro. specs., 5-spd., 220,000 km., CD, PW, \$2,750. Call 0160-376-3595 or 0175-697-1461.

1992 Audi 80 2.8L, 4-dr., AT, AM/FM, low miles, \$3,200. Call

06561-947255 after 4 p.m. or 452-6266.

1991 BMW 730i, 5-spd., Euro specs., sunroof, AC, all-power, summer and winter tires, \$2,300 OBO. Call 06575- 901-016 or 016094655950.

1991 Ford Escort, 2-dr., \$800 OBO. Call 452-6217 or 0175-668-2862.

1991 BMW 316i, 5-spd., Euro. specs, sunroof, winter tires, \$3,400 OBO. Call 06563-96-2250.

1990 BMW 318i, new rear brakes/tires, 314,000 km., \$1,000 OBO. Call 0160-257-1064.

For Sale

NTBS converter VCR, \$300; lg. schrank, glass

doors, \$400; All 220V: dorm refrigerator \$35; iron and board, \$10; floor lamp, \$15; hair clippers, \$15; two Panasonic cordless phones w/answering machine, \$50; satellite decoder, \$10; sm. wardrobe cabinet, \$10; shelf for above washer and dryer, \$15; wood TV tray/stand, \$10; full-size portable dishwasher, \$50; crock pot, \$5; ISDN/DSL equipment, \$50; decoder w/two controls, \$300; fans: four sm., \$5 each; three lg. pedestal, \$10 each. Call 06569-960335 or 0171-9500-125.

220V: toaster \$3, iron \$5; space heater \$30; transformers: 75-watt,

\$20; two 300-watt, \$30 each; carpets, \$10 each; 4HP lawnmower, \$50; weight bench, \$30; metal shelf, four shelves, \$10; microwave, 110V \$10. Call at 06563-96-2250.

Decoder w/dish, \$450; two lg. transformers, \$35.00; three sm. transformers; student L-shaped desk, \$25; answering machine, \$10; 220v microwave, \$20. Call 06565934912.

16-inch snow tires for Mini Cooper, for any recent model, used one season, steel silver rims, \$400 OBO. Call 0170-553-9193 or 06502-936-599.

microwave, \$40; AFN satellite/receiver w/dish \$400; 220v vacuum cleaner w/extra bags, \$35; various voltage transformers, \$5-\$15 each. Call 0160-376-3595 or 0175-697-1461.

New leather girl shoes, German size 25, dark blue, worn once, 20 euro. OBO; music mobile crib/ bed w/five colorful stuffed animals, 15 euro. Call 06562-3203 after 8:30 pm or leave a message.

Maternity clothes L-XL; girls clothes, newborn to two years; baby wipe warmer, \$10, 220v, bottle warmer, \$5; portable auto bottle warmer, \$5; Diaper Genie, \$10, crib halo/canopy, \$5; assort-

ed baby items. Call 06561-670487.

Motorcycles

2003 Harley Davidson Softail Standard, FXSTI (EFI), anniversary edition, 2,800 miles, billet grips, footpegs, shifter peg and brake pedal pad, chrome dash panel, sissy bar, storage cover, service manual, \$15,600 OBO. Call 06562-974-144.

1995 Kawasaki ZX-7, low miles, new battery, two bros pipes, new brakes/extra sets, new factory front fairings, carbon works signals, fender eliminator, plus \$5,000 in spare parts, \$4,500 OBO. Call 452-6269 or 06562-974373.

Postcards from the Eifel ...

*Sabers embark on local adventures,
return with breath-taking images
for 'Explore the Eifel' photo contest*

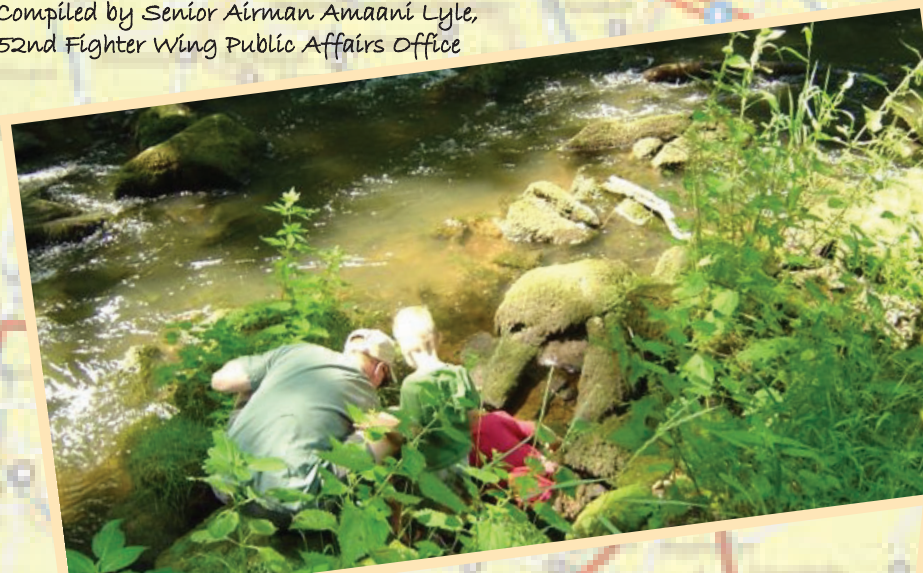
Compiled by Senior Airman Amaani Lyle,
52nd Fighter Wing Public Affairs Office



Children are fascinated by pottery making class in a local town. By Iris Reiff, 52nd FW/PA.



A child examines rocks at "Vulkaneifel." By Senior Airman Eydie Sakura, 52nd FW/ PA.



Part of the Banks family explores the calm waters around the Irrel waterfall. By Kathryn Banks.



Tech. Sgt. Pedro Ruiz, 52nd Communications Squadron, learns the art of falconing at Satzvey Castle. By Tech. Sgt. Jessica Ruiz, 52nd CS.



This bronze cast fountain depicts pottery of the local area marked with the crest of Binsfeld. The fountain is a relaxing spot for rest and tranquility. By Staff Sgt. Michael Cluverius, 52nd Maintenance Group.



One Airman captured a lovely day at Cochem Castle during Explore the Eifel. By Airman 1st Class Elizabeth McDowell, 52nd Medical Operations Squadron.



Part of the Banks family admires the majestic Burg Eltz castle on the trek down. By Kathryn Banks

Movies

The following movie listings are for today through July 28. Times and movies are subject to change. For current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

The Honeymooners (PG-13, 7 p.m.)

New York City bus driver Ralph and his feisty wife Alice, struggle to make ends meet. Along with their best friends Ed and Trixie, they have almost enough money for a down payment on a Brooklyn duplex until Ralph winds up losing all their money and his marriage to boot with another of his crazy schemes. It takes all his determination and love for Alice to get things on track again.

Mr. and Mrs. Smith (PG-13, 10 p.m.)

John and Jane are an ordinary suburban couple with an ordinary, lifeless suburban marriage. But each of them has a secret - they are actually both legendary assassins working for competing organizations. When the truth comes out, John and Jane end up in each other's cross-hairs.

Saturday

Unleashed (R, 7 p.m.)

Danny has been kept as a near prisoner by his "Uncle" Bart since boyhood; trained to attack and, if necessary, kill. Danny knows only the brutal existence Bart has so cruelly fashioned for him until he has a chance encounter with Sam, a blind, soft-

spoken piano tuner, and he senses true kindness and compassion for the first time.

Kingdom of Heaven (R, 10 p.m.)

Balian is mourning the deaths of his wife and baby when his father asks him to join the Crusades in Jerusalem. Along the way he reveals his inherent goodness and fair treatment of all human beings. Upon reaching Jerusalem, a city where his meager beginnings no longer matter, Balian earns respect.

Sunday

The Honeymooners (4 p.m.)

Mr. and Mrs. Smith (7 p.m.)

Monday

Kingdom of Heaven (7 p.m.)

Tuesday

Unleashed (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

The Sisterhood of the Traveling Pants (PG, 7 p.m.)

When four best friends spend their first summer apart from one another, they share a magical pair of jeans. Despite being of various shapes and sizes, each one of them fits perfectly into the

pants. To keep in touch they pass these pants to each other as well as the adventures they are going through while apart.

Saturday

xXx: State of the Union (PG-13, 7 p.m.)

NSA Agent Augustus Gibbons once again finds himself in need of an outsider. Gibbons and his new agent must track a dangerous military splinter group that is conspiring to overthrow the U.S. Government in the nation's capitol.

House of Wax (R, 9:30 p.m.)

A group of friends falls prey to a pair of murderous brothers in an abandoned small town. They discover that the brothers created an entire town filled with the wax-coated corpses of unlucky visitors. Now the group must find a way out before they too become permanent exhibits in the House of Wax.

Sunday

The Sisterhood of the Traveling Pants (7 p.m.)

Closed Monday and Tuesday

Wednesday

xXx: State of the Union (7 p.m.)

Thursday

House of Wax (7 p.m.)

Tee off for teens



Photos by Senior Airman Amaani Lyle

Airman 1st Class Travis Ridgley, 52nd Civil Engineer Squadron, putts as Staff Sgt. Joe Walkup, 52nd CES, looks on at the "Explore the Eifel" week Eifel Mountain Golf Course Classic during Wednesday.



Col. Dave Goldfein, 52nd Fighter Wing commander, practices putts just before teeing off at the Eifel Mountain Golf Course Golf Classic during "Explore the Eifel Week" Wednesday. Wing members were invited to the tournament, and proceeds went to support Spangdahlem Air Base teen programs.



Rain didn't keep Sabers away at the ETE Golf Classic during "Explore the Eifel Week" Wednesday. Four players walk with umbrellas to their next hole.

Sabers of steel showcase fit test efforts

Staff reports

The 52nd Fighter Wing recognizes Sabers who received 90 percent or higher on their physical fitness test.

23rd Fighter Squadron:

- ♦ Lt. Col. John Specht, 100
- ♦ Capt. Jeremiah Reed, 100
- ♦ Maj. Jonathan Shultz, 100
- ♦ Capt. Jesse Friedel, 100
- ♦ Capt. Christopher Moeller, 100
- ♦ Capt. Eric Danielsen, 97.5
- ♦ Maj. Michael Johnston, 96.25
- ♦ Maj. Jay Sabia, 96.25
- ♦ Staff Sgt. Ashley Arnovitch, 96.25
- ♦ Capt. Timothy Cole, 95.83
- ♦ Senior Airman Christopher Gerard, 95
- ♦ 1st Lt. Brian Kellam, 94.75
- ♦ Maj. Heidi Kjos, 93.75
- ♦ Capt. Cheryl Johnston, 93.5
- ♦ Capt. Christopher Kopacek, 93.5
- ♦ Maj. Richard Murray, 92.5
- ♦ Capt. Sean Penrod, 92
- ♦ Capt. Matthew Garrison, 91.67
- ♦ 2nd Lt. Fernando Defillo, 90.75

- ♦ Capt. David Jones, 90.75
 - ♦ Capt. Paul Willingham, 90.75
- #### 52nd Equipment Maintenance Squadron:

- ♦ Senior Airman Ryan Heidbrier, 93
- ♦ Staff Sgt. Aaron Ulyott, 93
- ♦ Staff Sgt. Michael Pieters, 90

52nd Communications Squadron:

- ♦ 2nd Lt. Jamin Wilson, 100
- ♦ Chief Master Sgt. Marc Rodriguez, 95
- ♦ Master Sgt. Thomas Helbling, 92.5
- ♦ Airman 1st Class Christopher Barnes, 92.25
- ♦ Airman 1st Class David Hill, 92
- ♦ Senior Airman Earnest Buffin, 91.5

52nd Operations Support Squadron:

- ♦ Capt. Tony Metters, 92

52nd Medical Operations Squadron:

- ♦ Airman Justin Safley, 100
- ♦ Capt. Christina Carter, 97.5
- ♦ Lt. Col. Jacqueline Bishop, 95

- ♦ Capt. Ilaina Wingler, 92
- ♦ Senior Airman Bridget Martinez, 90.5
- ♦ Capt. Williams Roberts, 90

52nd Maintenance Operations Squadron:

- ♦ Tech. Sgt. Joseph D. Castillo, 93.5
- ♦ Airman Joshua D. Dennison, 92.5

52nd Aircraft Maintenance Squadron:

- ♦ Staff Sgt. Daniel Mueller, 100
- ♦ Airman 1st Class Aaron Goroski, 95
- ♦ Airman 1st Class Nathan Stolle, 92.5
- ♦ Staff Sgt. Kevin Fouty, 92.25
- ♦ Master Sgt. Jay Gardner, 91
- ♦ Airman 1st Class Joshua Barnes, 90.5
- ♦ Senior Airman Matthew Brown, 90.25

52nd Medical Support Squadron:

- ♦ Master Sgt. Cedrick Clark, 93.5
- ♦ Staff Sgt. Samantha Dunn, 93.5

52nd Aerospace Medicine Squadron:

- ♦ Maj. Robert Kead, 93.25

Sports Briefs

Weightlifting tourney

A bench press competition takes place Aug. 19 at noon in the Spangdahlem AB fitness center. Categories include light, middle and heavyweight classes for men and women. The cost is \$10 and prizes are awarded to first-place winners in each category. Registration deadline is Aug. 15. Call Juergen Stockemer at 452-6634 to register.

Challenging run

A wing Challenge Run takes place Aug. 5 starting at noon from the Spangdahlem AB fitness center. Squadron teams of three females and three males compare their race times on a 1.5 mile run. Call Juergen Stockemer at 452-6634 to register.

Personal trainers needed

The Skelton Memorial Fitness Center needs qualified, enthusiastic personal trainers to guide individuals to a healthier lifestyle. For more information, call the fitness center at 452-6634.

Racing series

A cycling club race series begins Wednesday and meets each Wednesday for eight weeks. There will be seven 30 km races and one 40 km race. The team entry fee is \$20. Signups begin at 4:30 p.m., and the races start at 5 p.m. For details, call the fitness center at 452-6634.

Martial arts

Kuk Sool Won is a martial arts system that covers Asian fighting techniques and body conditioning, as well as mental development and traditional weapons training. Classes are held Mondays and Wednesdays from 6-8 p.m., and Fridays from 5-7 p.m. in the Bitburg Annex Fitness Center. For details, call Sean Heard at 452-6193.

Running club

Get in the running with the running club. They meet every Tuesday at 5 p.m. and hit the streets to stay in shape. There will be 10 races in the season -- nine 5K and one 10K. The cost is \$5 per person. Pre-registration is required. For details, call the fitness club at 452-6496.

Tai Chi classes

The Health and Wellness Center offers Tai Chi Quan classes Mondays and Wednesdays from noon to 1 p.m. in the HAWC yoga room. Tai Chi is for people interested in inward martial arts, meditation in movement and relaxation. For details, call Klaus van den Boom at 452-7233.

Fit to Fight: Air Force changes fitness test criteria

By Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON -- Air Force officials are making a few changes to the physical fitness test used to assess the fitness of Airmen.

In January 2004, the Air Force underwent a major change in the way it looked at fitness. As part of the Fit to Fight program, the service adopted a more stringent physical fitness assessment that measures aerobic fitness, physical strength/endurance and body composition.

Now, 18 months into the program, senior leaders are ready to tweak the assessment to make it even better, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general.

"We have gotten together a group of scientists and done surveys asking folks if they like the assessment and are there issues with it," Dr. Taylor said. "This last year we brought an update to Corona and are now in the middle of updating a few changes to the Air Force instruction that defines the fitness evaluation."

Updates to AFI 10-248 will include a change in how body composition is measured, a new table for the running portion of the test that takes into account the runner's elevation, and a change in the number of days an Airman must wait before retesting after having scored in the marginal category.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only. The updated AFI will now direct that body composition also be measured using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For Airmen who score a BMI 25 and above, Dr. Taylor said the results of the waist measurement would be

used to calculate their test score.

"That will still be an important measure of their health," he said. "Waist measure is closely related to increased risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat distribution is the critical indicator, as opposed to weight."

For those who score marginal, between 70 and 74.9 points, the Air Force plans to correct the time to retest at 90 days; currently, retest for marginal category is 180 days. This will be consistent with the retest time for poor scores, those less than 70.

Changes to the AFI will also include adjustment for those at high-altitude installations. This applies to those at installations with an elevation of 5,000 feet or greater, Dr. Taylor said.

"We'll use the formula for altitude calculations recommended by the National Collegiate Athletic Association," he said.

The Air Force continues to look at ways to improve the fitness evaluation and remains

committed to the Fit to Fight program, Dr. Taylor said, because the program has proven successful.

"Participation at fitness centers is up 30 percent now," he said. "And if you go to the field, like in Iraq or Afghanistan, you will find a continued focus on health."

The assessment is not the focus of the fitness program, but a tool to assess the commander's fitness training program.

"I want to make very clear that my focus is not on passing a fitness test once a year," said Gen. John P. Jumper, Air Force chief of staff, in his Oct. 17, 2003, Chief's Sight Picture. "More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It's about warriors. It is about instilling an expectation that makes fitness a daily standard -- an essential part of your service."

Dr. Taylor said he hopes the changes to the AFI will be made by late August or early September.